

Huevos Rancheros Tostados

INGREDIENTS:

4	corn tortillas
½ C	picante sauce
¼ C	ketchup
1	15 oz. can pinto beans
4	large eggs
¼ t	salt
¼ c	fresh chopped cilantro

DIRECTIONS:

Preheat oven 450 degrees F. Lightly coat both sides of corn tortillas with cooking spray, place on baking sheet. Bake at 450 degrees for 5 minutes on each side or until tortillas are crisp. While tortillas are baking, combine the picante sauce, ketchup and pinto beans in a large non-stick skillet, bring to a simmer over medium high heat, stirring frequently. Using a wooden spoon, make 4 small wells in bean mixture, 2 inches apart. Break 1 egg into each well, and sprinkle evenly with salt. Cover and cook 5 minutes or until egg is desired degree of doneness. Place 1 tortilla on plate and top with ½ cup bean mixture and an egg. Sprinkle each with 1 tablespoon of cilantro.

Makes 4 servings.
Calories: 186/serving

NUTRITIONAL INFORMATION PER SERVING:

11 g protein
25 g carbohydrates
7 g fat
710mg sodium
212 mg cholesterol
3 g fiber